



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01218, Yogurt, fruit variety, nonfat, fortified with vitamin D

Report Date: July 11, 2017 14:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	75.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kcal	95	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Energy	kJ	399	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	4.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Total lipid (fat)	g	0.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Ash	g	1.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carbohydrate, by difference	g	19.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Sugars, total	g	19.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Minerals													
Calcium, Ca	mg	152	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Iron, Fe	mg	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Magnesium, Mg	mg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Phosphorus, P	mg	119	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Potassium, K	mg	194	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Sodium, Na	mg	58	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.74	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Copper, Cu	mg	0.011	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Manganese, Mn	mg	0.035	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Selenium, Se	µg	6.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Riboflavin	mg	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Niacin	mg	0.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-6	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	16.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine	mg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12	µg	0.47	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Retinol	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, beta	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin A, IU	IU	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lutein + zeaxanthin	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	1.3	45	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D3 (cholecalciferol)	µg	1.3	45	0.016	0.9	2	26.0	1.282	1.345	2	Analytical or derived from analytical	--	05/2009
Vitamin D	IU	52	45	0.622	35	80	26.0	51.219	53.78	2	Analytical or derived from analytical	--	05/2009
Vitamin K (phylloquinone)	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lipids													
Fatty acids, total saturated	g	0.119	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
4:0	g	0.009	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
6:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
8:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
10:0	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
12:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
14:0	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
16:0	g	0.055	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fatty acids, total monounsaturated	g	0.050	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
16:1 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:1 undifferentiated	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Fatty acids, total polyunsaturated	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:2 undifferentiated	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:3 undifferentiated	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Cholesterol	mg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Amino Acids													
Tryptophan	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Threonine	g	0.202	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Isoleucine	g	0.269	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Leucine	g	0.496	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lysine	g	0.439	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Methionine	g	0.145	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cystine	g	0.045	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Phenylalanine	g	0.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Tyrosine	g	0.247	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Valine	g	0.407	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Arginine	g	0.151	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Histidine	g	0.122	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Alanine	g	0.212	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Aspartic acid	g	0.394	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Glutamic acid	g	0.966	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Glycine	g	0.121	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Proline	g	0.581	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine	g	0.305	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003